

What is NuvaRing?

NuvaRing is a highly effective reversible method of contraception that is placed high in the vagina once every 28 days. The ring is a flexible, soft, transparent ring containing the hormones, estrogen and progestin. It is kept in place for 21 days and removed for a 7-day ring free period to permit withdrawal bleeding.



How does the ring prevent pregnancy?

The hormones are released into the vagina and absorbed into the blood stream continuously. The ring prevents pregnancy the same way as birth control pills: preventing ovulation, causing changes in the cervical mucus so that sperm cannot get through, and changing the lining of the uterus.

How effective is the ring?

Like birth control pills, the vaginal ring is highly effective and is over 98% effective in preventing pregnancy when used correctly. It offers no protection against HIV/AIDS and other sexually transmitted infections.

How do I use the ring?

- If this is the first time you are using the ring, wait until the day you get your menstrual period. Insert your first ring during the first 24 hours of your menstrual period or up to day 5 of your cycle. If you do not insert it during the first 24 hours of your period, you should use another method of birth control

such as condoms and spermicides for the first seven days.

- Insert the ring into your vagina by compressing the ring and gently pushing the ring high in your vagina. You may use any position that is most comfortable: standing with one leg up, squatting, or lying down.
- Leave the ring in place for 3 weeks. Do not remove for intercourse.
- Remove the ring after 21 days by hooking the index finger under the forward rim or by grasping the rim between your index and middle finger and pulling it out. Because a used ring still contains some active hormones, you should place the ring in its foil pouch and dispose of in a waste receptacle out of reach of children or pets. Do not flush it down the toilet.

What if the ring slips out?

- If the ring slips out, it should be rinsed and reinserted as soon as possible. If it is out less than 3 hours, you should still be protected from pregnancy.
- If the ring is out for more than 3 consecutive hours during the first 2 weeks, reinsert the ring and **use a back-up** method, such as condoms or spermicides for the next 7 days.
- If the ring is out for more than 3 consecutive hours during the third week, you should insert a new ring and **use a back-up** method for the next 7 days. You may not have a normal period and experience breakthrough bleeding or spotting during this cycle.

What if you forget to reinsert the ring?

- If you forget to reinsert the ring after the 7 day ring free period, insert the ring as soon as you remember. The possibility of pregnancy is increased. You must use a back-up method for one week.

What if you forget to remove the ring?

- If the ring has been left in your vagina for an extra week or less (four weeks total or less), you will remain protected. Remove the ring and insert a new ring after a one-week free period. No back-up method is needed.
- If the ring has been left in place longer than four weeks total, you may not be adequately protected from pregnancy. After checking to be sure you are not pregnant, insert a new ring. Use a back-up method until the ring has been in place 7 days.

Can you use tampons when using NuvaRing?

Use of tampons will not reduce the effectiveness of the ring. Care should be taken when removing tampons to be sure that the ring is not accidentally pulled out. If this does happen, it should be rinsed with cool to lukewarm water and reinserted.

Can you use vaginal medications when using NuvaRing?

Use of spermicides or vaginal yeast products will not reduce the effectiveness of NuvaRing.

What are the side effects?

Since the hormones are similar to those in the birth control pills, the side effects are also similar. The most common side effects are breast tenderness, headache, and nausea. Other side effects specific to the ring include vaginal infections, irritation, and secretions. More serious risks include blood clots, stroke and heart attack. This risks increase if you smoke or use tobacco.

Cigarette smoking increases the risk of serious cardiovascular side effects when you use combination contraceptives. Women who use NuvaRing are strongly advised not to smoke.

FAMILY PLANNING CLINIC SITES:

Brown County Community Health Center 402 S Main

Aberdeen, SD 57401 626-2628

Urban Indian Health

1315 6th Ave SE #6

Aberdeen, SD 57401 225-1538

Alcester Medical Center

104 W. 2nd Street

Alcester, SD 57001 934-2122

Douglas County Public Health

708 8th Street

Armour, SD 57313 724-2758

Sanford Health – Brookings Clinic

922 22nd Ave So.

Brookings, SD 57006 697-1900

Elk Point Community Health Clinic

204 E. Main

Elk Point, SD 57025 356-3317

Women's Health & Education Center

390 Kansas Ave. SE

Huron, SD 57350 352-8384

Women's Health Services

909 South Miller

Mitchell, SD 57301 995-8040

Pierre Area Family Planning

302 E Dakota

Pierre, SD 57501 773-4937

Urban Indian Health

1714 Abbey Road

Pierre, SD 57501 224-8841

Community Health Center of the Black Hills

504 East Monroe Street

Rapid City, SD 57701 394-6665 Ext. 22

Sanford Downtown Women's Health Care

401 East 8th, Suite 230

Sioux Falls, SD 57103 334-5099

Urban Indian Health

320 S 3rd Ave. Suite B

Sioux Falls, SD 57104 339-0420

Family Health Education Services

930 North 10th Street

Spearfish, SD 57783 642-6337

Vermillion Area Family Planning

Julian Hall USD

414 E. Clark

Vermillion, SD 57069 677-5278

Watertown Family Planning

703 S. Broadway

Watertown, SD 57201 882-1852

Yankton Area Family Planning

317 Broadway, Suite 8

Yankton, SD 57078 665-8838

For Further Information:

Contact the state office or a Family Planning Clinic Site for additional information. Or call 1-800-305-3064 for referral information. Community Health Nursing Offices in some areas provide Family Planning Services

Visit our website at: www.state.sd.us/doh/famhlth/famplan.htm
State (SDCL 20-13) and Federal (Title VI of Civil Rights Act of 1964, the Rehabilitation Act of 1973 as amended, and the Americans With Disabilities Act of 1990) laws require services are provided to all persons without regard to race, color, creed, religion, sex, disability, ancestry, or national origin.

3,000 copies of this document were printed by the South Dakota Department of Health at a cost of \$0.07 per document through support of Title X Family Planning Grant

FPL 006

(Rev. 03/07)

NuvaRing



South Dakota Family Planning

Department of Health
615 E. Fourth
Pierre, SD 57501-1700
(605) 773-3737